



ADULT FLAG FOOTBALL RULES

Governing Body

The governing body of this league will be the Athletic Supervisor from the Williamson County Parks and Recreation Department.

Items not covered by these by-laws will be ruled on by the Williamson County Parks and Recreation staff.

Eligibility

It is the coach's responsibility to have all players understand and abide by the rules, as well as sign the roster and meet all league eligibility requirements. **All players must sign a WCPR roster/player contract to be eligible to play.**

All rosters must be completed and turned into the Recreation Department prior to the first game. Teams without rosters on file will automatically forfeit their games.

Players cannot change teams once the season starts unless approved by the Williamson County Parks and Recreation staff.

Players may not be added to the roster after the third scheduled game of a five week regular season.

League registration fees will be paid at the time of registration.

Teams not qualifying for league play will have their registration fees returned immediately.

A game may be protested if the protesting team pays the protesting fee of \$100.00. All protests of eligibility will be brought to the attention of the official before the game begins or the protest will not be allowed. Judgment on the game will be given within seven (7) days of the game.

Player Conduct

Everyone must follow all of the facility rules.

Only one spokesperson per team is permitted. This is the designated captain and/or coach of the team at the beginning of the game. He or she will accept full responsibility for his or her team's actions.

All spectators must remain in the seating area during the game. Anyone not wishing to abide by this rule will be asked to leave the facility.

At no time will children be left unsupervised in any Williamson County Parks and Recreation facility.

If a team forfeits two games during a season, they will be reviewed by the Recreation staff regarding their continued participation in the league.



No refunds once the season begins.

Flag Football Rules

1. Games will start on time according to the published schedule and only the first game will have a grace period. Five minutes will be put on the clock at the scheduled start time for the first game. The game will be declared a forfeit at the end of the five-minute period if one or both teams aren't available for play. **NO EXCEPTIONS. ALL OTHER GAMES WILL . . . START ACCORDING TO THE SCHEDULE.**
2. A team can have up to twelve (12) players on their roster. No player can be added to the roster after one half of the regular season games have been completed. **ADDED PLAYERS MUST SIGN ROSTER/PLAYER CONTRACT BEFORE PLAYING IN A GAME.**
3. Players **CANNOT** change teams once the season starts unless approved by the WCPR Staff.
4. All protests of eligibility must be brought to the attention of the official **BEFORE** the game starts or the protest will not be allowed.
5. It is the coach's responsibility to have all players understand and abide by the rules, as well as sign the roster and meet all league eligibility requirements. Ignorance of the rules is not an acceptable excuse.
6. Teams must provide same color t-shirts or jerseys with different numbers that are clearly legible.
7. Mercy Rule-If a team is behind by more than 20 points with less than five minutes remaining in the contest, the game will be declared over and the team that is ahead will be awarded the victory.
8. Any team not showing up for three games during the regular season will be dropped from the league. **NO REFUNDS ONCE THE SEASON BEGINS.**
9. **BLOOD RULE:** Referee's judgment prevails.
10. Players are encouraged to wear a mouth guard.
11. No type of hard cast or hard surface padding is allowed.
12. Game length is two twenty minute halves. The clock runs continuously except for injury or time outs until the last minute of each half. The clock will then stop for an incomplete pass, change of possession, first down or a score.
13. Each team has two (2) timeouts per game.
14. Scoring-Six (6) points for a touchdown. PAT is; one point from the 3 yard line. Two (2) points for a safety.



15. Following a safety or touchdown by Team A, Team B will begin their possession from their own 3 yard line. No kickoffs. Following a turnover on downs or interception, teams will begin their possession at the dead ball spot.
16. Each team has 8 downs to score.
17. Overtime games will start at the 8 yard line with each team getting 4 downs to score unless:
 - a) the offense turns the ball over.
 - b) the defense commits a penalty.
 - c.) the offense commits a penalty.
18. All offensive players are eligible receivers.
19. A player may not stiff arm another player, push away a defenders hand or shield his flag in any way. No flag guarding.
20. A ball is dead as soon as it hits the ground. All laterals that hit the ground are down at the spot where it initially touches the ground. The team that had possession of the ball prior to the muffed ball will retain possession. **THERE ARE NO FUMBLES.**
21. A defender may not grab, hold onto or tackle another player or the player's uniform.
22. Blocking of any kind is not permitted. Players must make an effort to avoid contact. **THIS IS A NO CONTACT LEAGUE.**
23. The defender may not push, pull or have contact with the blocker. The block - charge principle will be applied.
24. Roughing the passer is a 5-yard penalty from the line of scrimmage and a repeat of the previous down.
25. Defensive pass interference will be 5 yards from the previous spot and replay of the down.
26. No batting at the ball while the ball is in possession of a player.
27. The ball will be marked at the spot at which the ball is at the time of the flag pull.
28. A player without a flag belt is down upon possession of the ball.
29. If the offensive team decides to spike the ball in order to stop the clock during the last minute of each half, the ball must be a direct snap from the center to the quarterback.
30. Intentional grounding: The passer may not intentionally ground the ball in order to avoid a sack, or to try to waste time. The result will be a 3 yard penalty and a loss of the down. If the quarterback is in the end zone at the time of the foul, the result will be a safety. There must be an offensive player in the vicinity of the thrown ball. The referee's judgment will prevail.



31. The defense must be at least one yard off of the line of scrimmage at the time of the snap.
32. The offense must have at least three players on the line of scrimmage at the time of the snap. A man in motion is not considered to be on the line of scrimmage.
33. Only one player is allowed to be in motion at the time of the snap. The motion player may not be moving towards the line of scrimmage at the time of the snap. All other players must be stationary at the time of the snap.
34. During the last five minutes of the 2nd half, delay of game penalties will stop the clock and the clock will restart on the snap.
35. No cleats or spikes of any kind are allowed.
36. No spitting in the arena.
37. Penalties:
 - *Offsides-3 yards
 - *Contact fouls-5 yards
 - *Flag Guarding-3 yards from the spot of the foul
 - *Live ball penalties on the offense will result in a loss of down. Penalties on the defense will result in the replay of the down.
38. Items not covered by these by-laws will be ruled on by the WCPR Staff.